

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Woodruff Store, South Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about low sodium foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Fearn

Raw Wheat Germ

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Ceres Fruit Juices

Guava Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

Bread

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

Berlin Natural Bakery

- Spelt Bread
- White Spelt Bread

Food For Life

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekiel Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

French Meadow Bakery

- European Sourdough Rye Bread

Canned Goods

Eden

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Organic Black Soy Beans
- Pinto Beans, Organic

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin

Cereal

365 Organic Every Day Value™

- Oat & Honey Granola

Bob's Red Mill

- Thick Rolled Oats

Nature's Path

- Hemp Plus Granola

Old Wessex

- Oat Bran Hot Cereal

Us Mill

- Uncle Sam Cereal

Cheese

Organic Valley

- Organic Mozzarella

Vermont Butter-Cheese

- Quark Cheese

Chips/Pretzels/Snacks

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Mothers

- No Salt Rice Cakes

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Briannas

- Real French Vinaigrette

The Ojai Cook

- Light Lemonaise

Condiments (Cont'd)

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Country Choice

Chocolate Creme Sandwich Cookies

Vanilla Creme Sandwich Cookies

Heavens Scent

Chocolate Sandwich Cookies

Thumb-Print Fudge Cookies

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

Mi-Del

Chocolate Snap Cookies

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Health Valley

Fat Free Whole Wheat Crackers

Dairy

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Desserts

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

RiceSelect

Risotto Rice

Ethnic Foods

Sushi Sonic

Wasabi Horseradish

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

Frozen Fruit Whole Raspberries

Frozen Fruit Whole Strawberries

Frozen Sliced Peaches

365 Organic Every Day Value™

Crinkle Cuts

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Haricot Verts

Ben And Jerrys

Deep Dark Chocolate Ice Cream

Breyers

Chocolate Ice Cream

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Frozen Foods (Cont'd)

Haagen-Dazs

Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

RiceSelect

Texmati White Rice

Jams and Nut Butters

365 Every Day Value™

Fruit Spread Imported Apricot
Fruit Spread Imported Black Cherry
Fruit Spread Imported Blackberry
Fruit Spread Imported Raspberry

Bionaturae

Organic Apricot Fruit Spread
Organic Blueberry Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread
Organic Blackberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter with Honey
Crunchy Soy Nut Butter
Organic Soy Nut Butter

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

Jams and Nut Butters (Cont'd)

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Orange Marmalade
Plum Preserves
Red Raspberry Preserves
Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces/Salsas/Dips

Enricos Sauces

Hot Chunky Salsa
Mild Picante Salsa

Green Mountain Gringo

Chile Salsa
Garlic Salsa
Hot Salsa
Medium Salsa
Mild Salsa

Soups

Health Valley

Black Bean Soup - No Salt
Lentil Soup - No Salt
Minestrone Soup - No Salt
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Split Pea Soup - No Salt

Soups (Cont'd)

Health Valley

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses